

PALARONG PAMBANSA

(2010-2012)

TECHNICAL GUIDELINES RHYTHMIC GYMNASTICS

I. GENERAL RULES

The Federation of International Gymnastics Code of Points for RHYTHMIC GYMNASTICS 2009-2012 shall be used with modifications to adopt to the needs and skills of the gymnasts and coaches in the public and private elementary and secondary schools in different regions of the country.

II. COMPETITION PROGRAM FOR INDIVIDUAL RHYTHMIC GYMNASTICS

The program for the individual gymnasts shall consist of four (4) exercises for the elementary and secondary levels:

ROPE, HOOP, BALL and RIBBON

III. GENERALITIES

A. Length of Exercise

75 seconds minimum to 90 seconds maximum (1; 15-1; 30)

The stopwatch will be started as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless.

> 0.05 deduction for each missing or additional second.

B. Music

>One (1) cassette/CD for each gymnast for each individual exercise

>Marks on cassette/CD

- Name of gymnast
- Three-letter initials or number of the team's district/ division / region
- Symbol representing the apparatus



- For rope



- For ball



-for hoop



-for ribbon

- It is permitted to record a sound signal at the beginning of the music.
- The recording shall be made on one side only at the beginning of the tape.

Penalty: 0.50 deduction if one of the above is not respected.

C. Dress/ Attire of Gymnast

- >Leotard/unitard must be in non-transparent materials.
 - >The neckline of the front and back of the leotard must not be further than half of the sternum and no further than the lower line of the shoulder blades.
 - >Leotards may be with or without sleeves, but dance leotards with narrow sleeves are not allowed.
 - >The cut of the leotard at the top of the legs must not go beyond the fold of the crotch.
 - >The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.
- Penalty: (Judge Secretary/ Assistant Judge)
0.20-point deduction if one of the above is not respected.

D. ENTRY

- a. Each team shall compose of three gymnasts for each category.
- b. Each gymnast has to perform the four (4) apparatus
ROPE, HOOP, BALL, RIBBON, to qualify for the team championship and the individual-all around finals.

V. COMPETITION REQUIREMENTS FOR THE INDIVIDUAL EXERCISES

For Elementary Level / Division

A. Technical Value-DIFFICULTIES

- A1). Body Movement Difficulties (D1) Max. Point 5.0**
Each individual gymnast can have a maximum of 10 difficulties for a total value of 5.0 points maximum. A minimum of 6 difficulties must be coming from the compulsory body movement element group specific to the apparatus plus the value of a maximum of 4 difficulties, if any, from the non-compulsory body movement groups (NGCO), which can be used by choice (one, two, or three different groups).
- A2). Apparatus Element Difficulties (D2) Max. Point 5.0**
Technical apparatus element groups
Mastery without throws
Mastery with throw
Risks (maximum of 2 risks)

B. Artistic Value Max. Point 5.0

1. Music
2. Choreography
 - a) Basic composition

Choice of elements with apparatus
 Choice of body elements
 Acrobatic elements
 Balance between left-right hand works
 Variety:

- Dynamics
- Use of space
 - directions
 - trajectories
 - levels

C. Execution/Performance	Max. Point	7.0
1. Technique with the apparatus		
2. Technique with the body movements		

TOTAL MAXIMUM POINTS 17.0

D. DISTRIBUTION AND CALCULATION OF SCORES

Difficulty – Judges (D):

- Difficulty of the body movements (D1) 0.00 to max. 5.0 pt.
- Difficulty of the apparatus elements (D2) 0.00 to max. 5.0 pt.
- **Final D score = D1 score + D2 score ÷ 2 = Final D Score**
 (D1) 5.0 + (D2) 5.0 = 10.0 ÷ 2 = 5 = Final D Score

Artistry Judges (A): 0.00 to 5.0 point maximum.

Execution Judges (E): 0.00 to 7.00 point maximum.

The final score 17.0 maximum is calculated by addition as follows:

Difficulty (D): average of 2 scores (D1 and D2) = 5.0 max. pt.

Artistry (A): average of the 2 middle score of 4 judges = 5.0 max. pt.

Execution (E): average of the 2 middle score of the 4 judges
 = 17.0 point maximum.

For Secondary Level/Division

A. Technical Value/Difficulty	Max. Point	7.0
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A1.) Body Movement Element Difficulties (D1)

Each individual gymnast can have a maximum of 12 difficulties for a total value of 7.0 points.

- The total value of body movement difficulties is obtained by adding:
 - Minimum 8 GCO difficulties, in an exercise of 12-10 difficulties
 - Minimum 6 GCO difficulties, in an exercise of 9 (or less) Difficulties

- Plus the value of a maximum 4 difficulties if any, from the non-compulsory body movement groups (NGCO), which can be used by choice (one, two or three different groups)

A2.) Apparatus Element Difficulties (D2) Max. Point 7.0

Technical Groups specific to apparatus
 Mastery without throw
 Mastery with throw
 Risk

B. Artistic Value Max. Point 7.0

1. Music
2. Choreography
 - a) Basic Composition
 - >choice of elements with apparatus
 - >choice of body elements
 - >acrobatic elements
 - >Balance between left-right hand works
 - >variety
 - dynamics
 - use of space
 - >directions
 - >trajectories
 - >levels
 - >modes

C. Execution/Performance Max. Point 8.00

1. Technique with the apparatus
2. Technique with the body movements

TOTAL MAXIMUM POINTS 22.00

D. DISTRIBUTION AND CALCULATION OF SCORES

The final score – 22.0 point maximum is calculated by addition as follows:

Difficulty (D): average of the 2 scores (D1 and D2) = 7.0 pt max.


Artistry (A): average of the 2 middle score of the 4 judges
 = 7.0 point maximum

Execution (E): average of the 2 middle score of the 4 judges
 = 8.00 point maximum

Notes: Applicable for elementary and secondary

- Execution faults must be penalized each time and for each element at fault, except in cases of overall penalties.
- Each gymnast must submit in advance (**during the solidarity meeting or at least 24 hours before competition**), and in writing the sequence of the maximum 10 difficulties for elementary level; a maximum of 12 difficulties for the secondary level, using the official forms and appropriate symbols on the right-hand column and all the apparatus element difficulties on the left-hand column. Otherwise, the gymnasts cannot participate in the competition.
- Each gymnast must submit **8 copies** of the Artistry Judges' forms.


COMPULSORY BODY MOVEMENT ELEMENT SPECIFIC FOR EACH APPARATUS:

 - For rope – Jumps/Leaps

 - For hoop – jumps/Leaps, Pivots, Balances, Flexibility and Waves

 - For ball – Flexibilities and Waves

 - For Ribbon- Pivots


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